

— Loneliness —

Number one cause of **relapsing** into old coping behaviors

Higher risks of...

high blood pressure, heart disease, obesity, weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, premature death

— Loneliness —

Estimated to **shorten a person's life**
by 15 years (*same as smoking and obesity*)

Number one cause of
depression and **suicide**

— Ways We Isolate —

Anger
Codependency
Defensiveness
Control
Depression
Workaholism
Electronics
TV
Social Media
Political/Religious Extremism

Pornography
Religiousness/Legalism
Judgmental/Critical Attitude
Addiction
Secrets
Independence
(inability to ask for help)
Obsessions
(sports, hobbies, gaming, gambling)
Online Shopping

We thrive in relationships—
alone we merely survive.

By far, the number one thing
that causes us to isolate
is **sabotaging belief systems**
about our ability to trust.

Ways the Limbic System **avoids giving up** survival behaviors and emotions

Denial: *What problem?*

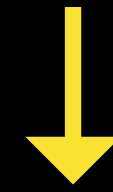
Procrastination: *Later... not today.*

Confusion: *I just don't understand.*

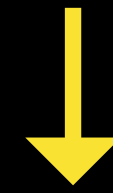
Defensiveness: *Back off.*

Self-Justification: *It's nobody's business.*

Thoughts and beliefs



create emotions



that drive behavior

*So if you want to change a behavior...
you have to change the heart.*

The goal is to
replace self-lies with the truth.

These lies are **distorted beliefs**
that come from **painful experiences.**

True beliefs will create
true feelings, thoughts and behaviors.

False Beliefs will create
false (*destructive*) emotions,
thoughts and (*destructive*) behaviors.

So what foundational **fears and beliefs** might explain some of the problems in our society?

A man's greatest fear (belief) is that
“I don't have what it takes; I'm not enough.”

war

extreme sports

sexuality/porn

A woman's greatest fear (belief) is that
“I'll always be alone; I'll never be loved.”

attractiveness
eating disorders
beauty products
domestic violence

Porn Stats

40 million+ Americans are regular visitors to porn sites

There are around **42 million porn websites**

The **porn industry's annual revenue** is more than the NFL, NBA, and MLB combined.

47% of families in the United States reported that pornography is a problem in their home.

Porn Stats

Pornography use increases the **marital infidelity rate** by more than 300%

68% of church-going men and **over 50% of pastors** view porn on a regular basis.

Of **young Christian adults 18-24 years old**, 76% actively search for porn

Porn Stats

33% of women 25-and-under search for porn at least 1x/month.

Only **13% of self-identified Christian women** say they never watch porn, and **87% of Christian women** have watched porn.

55% of married men and **25% of married women** say they watch porn at least 1x/month.

57% of pastors say porn addiction is the most damaging issue in their congregation.

Porn Effects

erectile **dysfunction**

dissatisfaction (**shame**) with our genitals
(especially young people)

the **earlier** the porn experiences,
the more **ingrained** it becomes
(the average age of first contact is between 8-11 years old)

Porn Effects

porn tends to objectify women, making sex something you **do TO women**, rather than **WITH them** in relationship

60% of **divorces** have porn as a major factor